

On the Menu

Monday

Rotisserie Chicken
Fried Rice

Tuesday

Chicken Chimichangas

Wednesday

Sheet Pan Chicken

Thursday

Grilled Pizza

Friday

Lemon Boursin
Chicken Pasta

Weekend

Grocery List

Protein

- 1½ lbs chicken (breast or thighs)
- 1-1½ lbs boneless, skinless chicken breast
- 4 cups rotisserie chicken total
- 2 large eggs

Dairy

- 1 package Boursin Garlic & Herb cheese
- ½ cup grated Parmesan
- ½-¾ cup shredded mozzarella
- ~3½-4¼ cups mozzarella total
- 1 cup shredded Monterey Jack cheese
- 1 cup shredded cheddar cheese
- 1 tbsp butter

Seasonings

- 2½ tsp chili powder total
- 1½ tsp paprika total
- 1½ tsp cumin total
- 1 tsp kosher salt
- 1 tsp black pepper total
- 1½ tsp garlic powder total
- Salt & pepper, to taste

Frozen

- 1 (20 oz) bag peas & carrots

Optional Toppings

- Sour cream
- Guacamole
- Extra salsa

Produce

- 1 lb baby potatoes
- 2 zucchini
- 1 red bell pepper
- 1½ cups corn
- 1 medium white onion
- 2 green onions
- 6 cloves garlic total
- Zest of 1 lemon
- Juice of ½-1 lemon
- Fresh basil, chopped

Grains

- 1 lb pasta
- 6 large flour tortillas
- 2 lbs fresh pizza dough
- 1½ (8.5 oz) bags microwaveable brown rice

Pantry

- ~8-9 tbsp olive oil total
- 3 tbsp sesame oil (if using instead of olive oil)
- 4 tbsp low-sodium soy sauce or coconut aminos
- ½ cup salsa
- ¼ cup diced green chilies
- ½-¾ cup reserved pasta water
- 1-1½ cups pizza sauce (or pesto/white sauce/garlic oil)
- Cooking spray or melted butter
- Cornmeal or flour (for dusting)



Don't forget your toppings
for Grilled Pizza night!